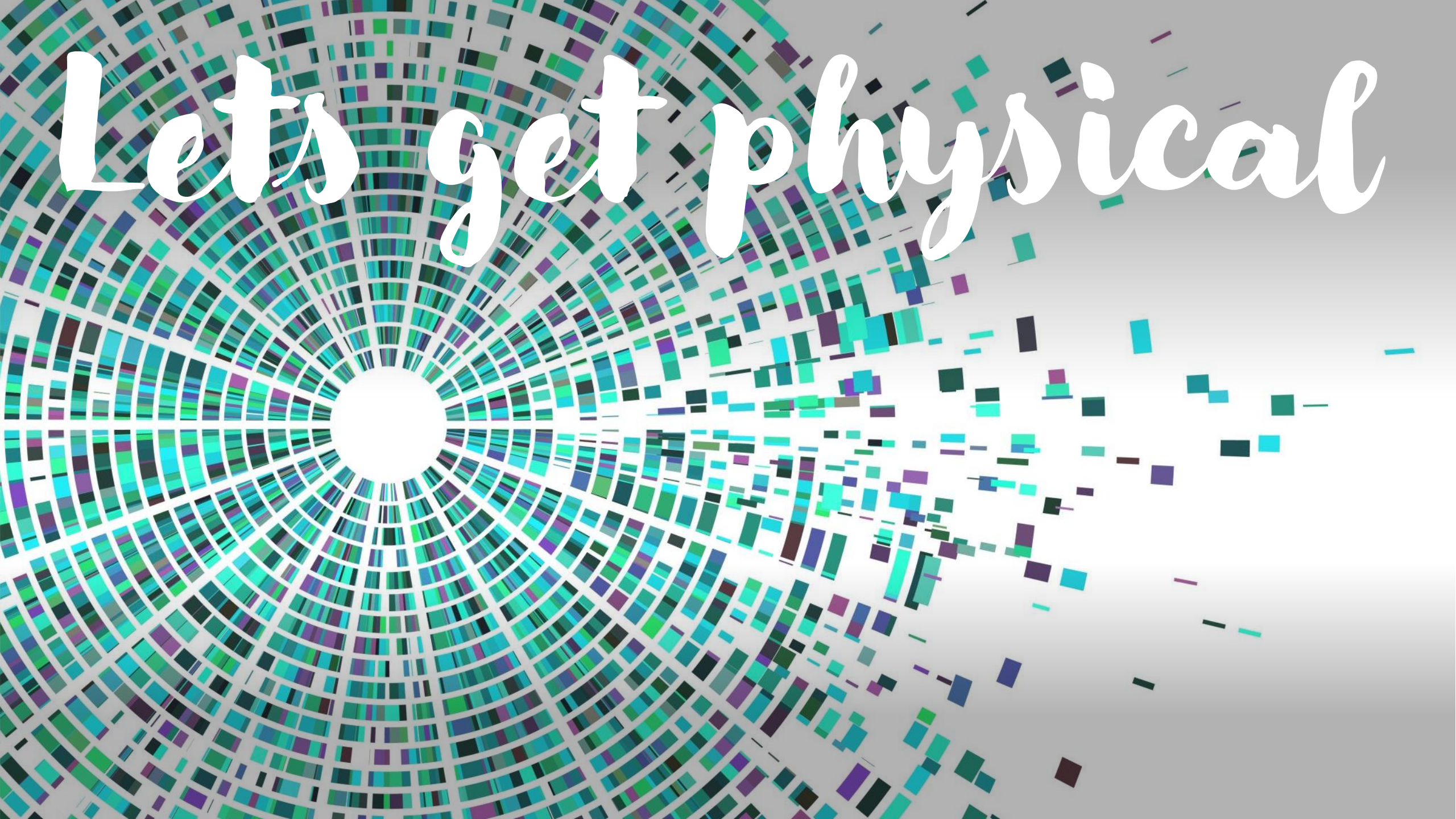


Lets get physical



[PE with Joe](#)

Joe from Body Coach TV has adapted his training to suit active kids and young people with free home workouts no matter what their fitness levels – try PE with Joe in your own lounge room

[The OT Toolbox](#)

Here, you will find resources, tools, ideas, and activities geared toward the healthy development of kids. Based on function and occupation-centered activities, the ideas shared on this site promote the underlying skills needed for action and performance in kid.

[Play Move Improve](#)

Here you'll find printable resources to use at home, as well as training videos and children's exercise videos to keep your kids busy during the coming week.

[Sworkit Youth Initiative](#)

A variety of fun kids workouts to help get those wiggles and giggles out or use them as a warm-up/cooldown for more vigorous activity.

[Cosmic Kids Yoga](#)

Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

[Netfit Virtual Clinic](#)

A collaboration between Netfit Netball and Netball Australia to deliver live and free netball clinics between 9am and 3pm.

[Playing for Life](#)

Fun and active games to develop children's skills, confidence and lifelong interest in sport – developed by the Australian Institute of Sport

[Sam Wood – free fitness challenges](#)

Live, free, at home daily, kid friendly workouts – Monday to Friday

[No Limits Basketball](#)

Providing free daily drills and skills clinics at 6pm.